

# May 2021

## Albany Secondary School

### BREAKFAST



**School Information:** MENU SUBJECT TO CHANGE WITHOUT NOTICE.



**Nutrition Tip:** Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.

Reference: USDA MyPlate



### Monday

Blueberry Pancakes **3**  
Fresh Fruit  
Assorted Juice

### Tuesday

French Toast Sticks **4**  
Fresh Fruit  
Dried Fruit

### Wednesday

Banana Chocolate Chip Muffin **5**  
String Cheese  
Fresh Fruit  
Assorted Juice

### Thursday

Cinnabun Cup **6**  
Fresh Fruit  
Dried Fruit

### Friday

Assorted Cold Cereal **7**  
Fresh Fruit  
Assorted Juice

Chocolate Chip Snack Bread **10**  
String Cheese  
Fresh Fruit  
Assorted Juice

Yogurt Parfait **11**  
Fresh Fruit  
Dried Fruit

Mini Cinni **12**  
Fresh Fruit  
Assorted Juice

Apple Ring Donut **13**  
Fresh Fruit  
Dried Fruit

At Home Learning Day **14**

Donut Holes **17**  
Fresh Fruit  
Assorted Juice

Pancake Bits **18**  
Fresh Fruit  
Dried Fruit

Breakfast Pizza **19**  
Fresh Fruit  
Assorted Juice

Cooks Choice **20**  
Fresh Fruit  
Dried Fruit

Maple Waffle **21**  
Fresh Fruit  
Assorted Juice

Breakfast Rounds **24**  
Fresh Fruit  
Assorted Juice

Breakfast Sandwich **25**  
Fresh fruit  
Dried Fruit

Long John **26**  
Fresh Fruit  
Assorted Juice

Strawberry Cream **27**  
Cheese Bagel  
Fresh Fruit  
Dried Fruit

Breakfast Burrito **28**  
Fresh Fruit  
Assorted Juice

No School **31**

No Meals

